



Cocke County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Cocke County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Cocke County School System that includes:

- School Health Advisory Committee
- Eleven Healthy School Teams
- School Health Policies strengthened or approved (CSH Policy; PE/PA; Comprehensive Health Education; Healthy School Environment; Mental Health; and Student/Family/Community Involvement)
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$28,000.00.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Amedisys Health Care | ➤ DCS |
| ➤ Tennessee Suicide Prevention Network | ➤ Cocke County Health Department |
| ➤ Tennessee Council on Children and Youth | ➤ Cherokee Health Systems |
| ➤ Safe Harbor | ➤ Relative Caregivers |
| ➤ East Tennessee Children's Hospital | ➤ Safe Space |
| ➤ American Heart Association | ➤ Cocke County Sheriff's Department |
| ➤ Cocke County Health Council | ➤ Newport Police Department |
| ➤ Just Wait | ➤ Cocke County Juvenile Court |
| ➤ Walter's State Community College | ➤ Baptist Hospital of Cocke County |
| ➤ University of Tennessee Hospital | ➤ Medic Regional Blood Bank |
| ➤ Volunteer State Health | ➤ Relay for Life |
| ➤ UT Extension Office | ➤ Susan G. Komen Foundation |
| ➤ Cornerstone Recovery Center | ➤ Rural Medical Services |
| ➤ The Mustard Seed | ➤ TENNderCARE |
| ➤ District Attorney General Jimmy Dunn | ➤ The Newport Plain Talk |
| | ➤ WNPC Radio |
| | ➤ WLIK Radio |
| | ➤ WIR Television Station |
| | ➤ Cocke County Mayor |
| | ➤ Ameri-Choice |
| | ➤ Bags Of Love |

- Hamblen County Health Educator
- Smoky Mountain Family Therapy
- Brenda Ellison, RN
- Karen Smith, Community Representative
- East Tennessee Mental Health Association
- Douglas Cooperative
- Smoky Mountain Family Matter
- Hopebridge Solutions
- Pregnant Teens Support Group
- Tennessee Community Health Service
- East View Eye Clinic, Tacoma Hospital

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include school health screenings, Advisory Board meetings, Open House events at the schools, and Healthy School Teams. Currently, 40 parents are collaborating with CSH;

Students have been engaged in CSH activities including Open House events at the schools, Healthy Families Spring Fling, the NEWSTART program, and working with individual students on physical activity skills. Approximately 30 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Cocke County School System the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – approximately 7565 students screened and 247 students referred in our 4 years;

Students have been seen by a school nurse and returned to class – 4,590 students were seen by the nurses and 4,549 were returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. The BMI for the male students in Cocke County have declined in both the overweight and obese categories. For the 2009-2010 school year the BMI in the overweight category was 49%, decreasing in the 2010-2011 school year to 43%. The obese category BMI for 2009-2010 was 30% decreasing in 2010-2011 to 29%. Unfortunately the females have shown slight increases;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Wii consoles with Wii fitness accessories, climbing wall, exercise bikes, treadmill, weight bench and weights, volleyball set, GEO mats, swing set, Michigan Model curriculum;

Professional development has been provided to counselors, PE teachers, nurses, etc. Examples include: We have paid for 5 of our physical education teachers to go to TAHPERD. We have provided staff development in Michigan Model Curriculum training, Take 10!, GoTrybe, Coordinated School Health overview, School Health Index, suicide prevention training, mental health 101, and “Typical or Troubled”;

School faculty and staff have received support for their own well-being through fitness equipment placed in the schools and the No Teacher Left Behind program.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum;
- Physical Education/Physical Activity Interventions – TAHPERD attendance, equipment purchased, staff development, and PA monitoring;
- Nutrition Interventions – Nutrition classes for students and demonstrations for parents provided by our registered dietician, UT Extension Office, and Mr. Walt Cross with NEWSTART, and Nutrition class for staff;
- Mental Health/Behavioral Health Interventions – Counseling for students and staff when principal passed away, “What’s the Rush” Program.

In such a short time, CSH in the Cocke County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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